### Template – Critical Reflection

Use this table for critical reflection of your own practice.

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| **Step** | **Detail** |
| **1: Plan**  * Identify overall competency, and specific goal based on this competency. * Break it into small achievable steps. * How will you know when you achieve your goal? (measures) * What support and resources do you need? |  |
| **2: Act/Do**  * Document what you did. |  |
| **3: Reflect**  * Seek feedback from a wide range of sources. * What went well? * What didn’t go so well? * What areas are you going to keep working on to improve? |  |